Vancouver metro

Your essential daily news | MONDAY, AUGUST 31, 2015 High 17°C /Low 14°C Rain

ASSISTED SUICIDE

METRO READERS SPEAK OUT

metroVIEWS

SHANE MACKICHAN/THE CANADIAN PRESS

WILD WEEKEND

Powerful windstorm causes chaos in southwestern B.C.

metroNEWS

Another death at zoo draws protests

The death of a red panda at a Vancouver zoo with a history of animal fatalities has activists calling for the facility to be shut down.

A male red panda named Rakesh died of a fungal infection at the Greater Vancouver Zoo on Aug. 17, two months after being transferred from Winnipeg as part of a program to preserve endangered species.

Rakesh, who was about 15 months old, was likely infected before leaving the Assiniboine Park Zoo, said Jody Henderson, the zoo's general manager.

She said veterinarians in Manitoba had not diagnosed him because he wasn't showing any symptoms and there was no information in his medical cards.

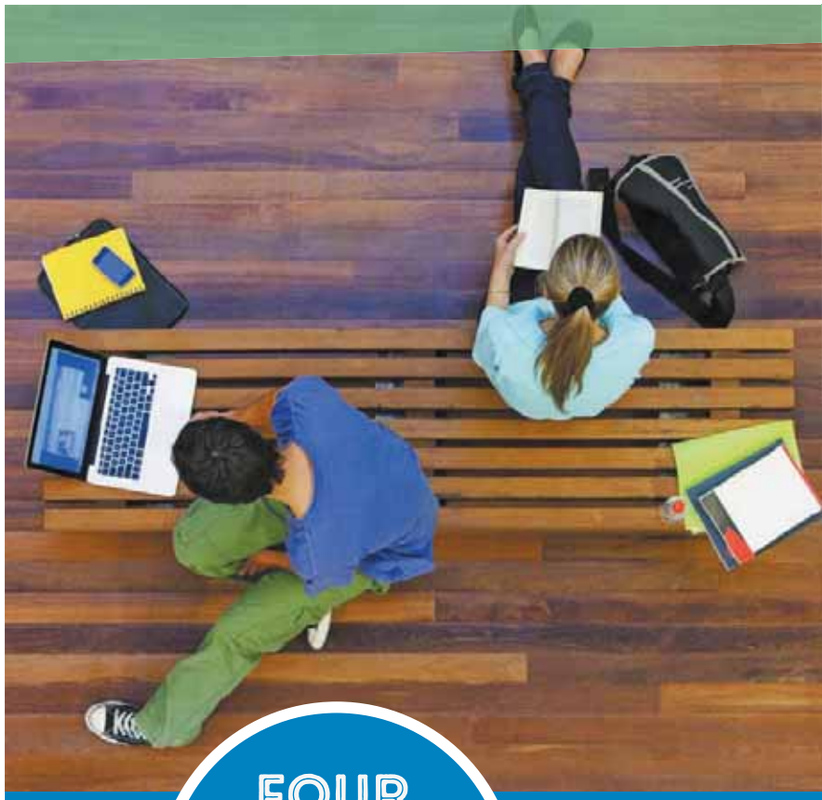
Critics have cited the deaths of several animals at the Greater Vancouver Zoo in recent years as a reason for closing the Aldergrove facility. Four zebras died in 2009, followed by two giraffes in 2011, and a Siberian tiger died suddenly last year.

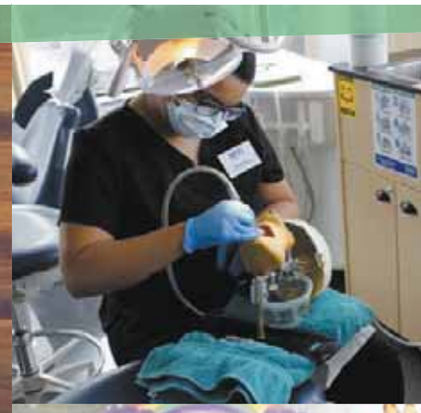
Vancouver Humane Society spokesman Peter Fricker said the zoo has made improvements in recent years, but his organization is still against keeping animals in captivity unless there's a strong conservation reason.

Henderson said the animals' health and well-being is the zoo's top priority.

"We're here because of our love of animals and how we can save these species in the wild."

THE CANADIAN PRESS





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More fracking means more earthquakes, expert warns

LNG

Drilling action will 'pose no incremental risk': Company

If the liquefied-natural-gas industry proceeds as the British Columbia government hopes, there could be five times as many fracking-caused earthquakes, warns one expert.

But the company that would provide gas to a major LNG terminal — the same company found responsible for a 4.4-magnitude tremor last year — claims it won't ramp up drilling.

Progress Energy said it doesn't need to increase the number of wells it drills each year to supply Pacific NorthWest LNG's planned liquefaction and export terminal near Prince Rupert.

"Our upstream drilling activity will remain relatively consistent with current levels over the life of the LNG project or may even decline and therefore pose no incremental risk," said spokeswoman Stacie Dley in an email.

The company paused its operations after a 4.6-magnitude quake in northeast B.C. on Aug. 17. The B.C. Oil and Gas Commission is investigating and has not established its cause.

The commission has, however, confirmed that Progress Energy triggered a 4.4-magnitude tremor last August — among the largest caused by the industry in Canada.

A hydraulic fracturing operation in the greater Fort St. John area in northeastern B.C. Minister Rich Coleman said the province has brought in regulations, monitoring and prevention measures to reduce danger. JEREMY SEAN WILLIAMS/THE CANADIAN PRESS

The $36-billion Pacific NorthWest LNG project is a cornerstone of the B.C. Liberals' efforts to build a new natural-gas export industry to Asia. It has been approved by the province but remains under federal review.

David Hughes, a geoscientist who worked for the Geological Survey of Canada for 32 years, recently analyzed B.C.'s LNG plans for the Canadian Centre for Policy Alternatives.

In order to meet the province's highest estimate of five terminals delivering 82 million tonnes of LNG a year, drilling would have to increase five-fold by 2020 — up to 2,100 wells per year, he said.

"If five terminals get built, get ready for some unavoidable seismic activity. I don't think there's any way you can stop it," he said. "It's just the cost of doing business."

Hydraulic fracturing, or fracking, involves injecting high-pressure fluid into wells to crack rock and release natural gas. The process can trigger seismic events, but most are not felt above ground.

Progress Energy said it doesn't need to drill greater numbers of wells each year because they can last decades. But Hughes said the structures decline quickly, with production falling up to 70 per cent after three years, and 288 new wells must be built each year to maintain current output.

The Oil and Gas Commission recorded 193 fracking-caused quakes between August 2013 and October 2014 in the Montney Trend, a siltstone formation stretching from near Dawson Creek to the Rocky Mountain foothills.

> **"I don't think there's any way you can stop it. It's just the cost of doing business.**
> David Hughes, geoscientist

Of about 7,500 fracking operations, only 11 triggered events felt at the surface. None caused injuries or damage.

Asked how B.C. would reduce the quake risk caused by LNG, Natural Gas Development Minister Rich Coleman said it has brought in regulations, monitoring and prevention measures.

Operators must immediately stop drilling if seismic activity exceeds 4.0 magnitude.

They can only resume once the commission has approved a mitigation plan that could include reducing drilling volumes or pressure.

"These regulations are reviewed regularly to ensure that B.C. has a safe, long-term future in natural-gas supply and export," Coleman said in a statement.

However, the regulations aren't as strict as in Alberta, where companies must report all tremors greater than 2.0 magnitude and invoke a response plan.

John Clague, a Simon Fraser University earthquake expert, said 5.0- or 6.0-magnitude quakes have been linked to fracking in the U.S. and Asia, but it's unlikely the industry would cause anything larger.

"This is not a significant enough perturbation of rocks over a large enough area to trigger an earthquake of that size," he said.

But the quake risk, and other concerns including water use, has caused some to call for a halt on fracking.

"It's a mess," said Eoin Madden of the Wilderness Committee. "We really need to press pause, take a step back and say, 'Do we want to fragment the whole of northeastern B.C. so we can extract gas out of it this way, or is there a different way for us'"

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Worst storm in a decade takes its toll on Metro Vancouver

NATURAL DISASTERS

Hundreds of thousands of residents left without power

Alice D'Eon
For Metro | Vancouver

The most severe windstorm in over a decade blew through Vancouver on Saturday, taking down hundreds of trees and leaving hundreds of thousands of people without power throughout the Lower Mainland.

While winds of up to 80 kilometres per hour ripped through the region amidst heavy rainfall, the city received over 1,500 fallen-tree related calls in a span of 24 hours, and up to 500,000 Metro Vancouver homes and businesses lost power.

"At the height of it, we had over 140 intersections that had no power," City of Vancouver deputy city manager Sadhu Johnston told media on Sunday, as a crew worked behind him to clear away a large old oak tree that was damaged by the storm in East Vancouver.

1,500

Number of fallen-tree calls in a 24-hour period received by the city.

"It's a very sad picture," said Brian Quinn, director of park operations for the Vancouver park board.

According to Quinn, environmental factors such as the recent drought conditions and the early time of year for this type of storm were to blame for the high number of trees lost in Saturday's storm.

"This time of year when the trees are still full of leaves, they act as more of a windsail," said Quinn.

Stanley Park was closed around noon on Saturday after several large trees came down, blocking roads.

Although Johnston called it the worst windstorm since one that decimated Stanley Park in 2006, Quinn said the damage to the park this time is nowhere near as severe, since the winds were coming predominantly from the southeast.

A man works to take care of damage in the west end of downtown Vancouver on Saturday.
DARRYL DYCK/THE CANADIAN PRESS

As of Sunday afternoon, BC Hydro's social media reported that they had over 400 people working to restore power across the city, after bringing in staff from all over the province. BC Hydro spokeswoman Simi Heer said crews are working hard to repair damage but customers were asked to be patient.

The city predicts weeks of cleanup still ahead, but the majority of the larger fallen trees should be cleared by Monday. No estimation has yet been made on how much the cleanup is expected to cost.

The city has commended the many Vancouver residents who came out to help clear storm drains, which Johnston said was a huge a help in preventing flooding throughout the city.

WHO TO CALL

- With more wind and rain predicted for the coming days, the city is urging people to report weather-related damage to 311.
- Those who come across fallen power lines or precarious trees near power lines should call 911.

CLOSURES

Winds impact PNE, Surrey Night Market

Vancouverites' love for the fair was tried, tested and proven true on Saturday, when over 30,000 people weathered the storm to take in the food and fun of the Pacific National Exhibition.

Park officials received a wind warning from Environment Canada early Saturday afternoon, which they then cancelled about an hour later, after guests had already been instructed to evacuate.

"We made the decision that the safest thing to do for our guests would be to close down," said PNE spokeswoman Laura Balance.

Ballance said park officials took advantage of a lull in the gusting winds to safely close the park.

"We announced that through media and we started to announce it in all of our shows."

Shortly after, the weather pattern shifted and Environment Canada called the park with a reassessment, saying it would be safe to remain open, although most of the rides remained closed for the rest of the day.

Ballance said guests were hearty, arriving in ponchos and rain boots, laughing off the rain, as Vancouverites do.

The site sustained some damage, but a crew of 50 worked through the night to get the park in shape for guests on Sunday.

The Surrey Night Market wasn't as lucky.

Extensive damage to the site and vendor tents during the storm means the market will be closed for the remainder of the season, which was due to run until Sept. 20, organizers announced Sunday.

ALICE D'EON/FOR METRO

SURREY

Woman injured by falling tree

A woman was sent to hospital with life threatening injuries during Saturday's windstorm after being struck by a fallen tree in Surrey.

The woman was reportedly walking with her daughter on 14800 block of 100 Avenue when she saw branches falling.

According to a statement from Surrey RCMP, the victim was in the process of alerting other pedestrians and vehicles of the falling trees when she was struck.

Her daughter managed to jump out of the way.

The victim was taken to Royal Columbian Hospital.

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PUBLIC HEALTH

Officials seeking man who moved bat

A person who handled a bat in Stanley Park last week needs to be assessed for a possible vaccination after the bat tested positive for rabies, a Vancouver Coastal Health official said Sunday.

"It was tested and found to have rabies late Friday," said VCH spokeswoman Trudi Beutel.

Anna Marie D'Angelo of VCH said the person left a note that said, "This bat looks injured" and left the bat in a public area near Lost Lagoon last Wednesday.

"If you find a bat on the ground you shouldn't touch it," D'Angelo said.

The person who handled the bat is asked to call VCH public health at 604-675-3900 to assess whether the person needs to be vaccinated.

The most recent case of a bat transmitting rabies to a human in B.C. occurred in 2003 and it was fatal.

Bats infected with rabies can transmit the disease through its saliva to human mucous membranes on or in their eyes, nose and mouth, or through an open cut or wound on their skin.

Health authorities advise people who have handled a bat or have been scratched or bitten by a bat to thoroughly wash the wound with soap and water — using lots of water to flush the wound — and then to seek immediate medical attention.

If a bat is found injured in the Lower Mainland, call the Wildlife Rescue Association at 604-526-7275.

The majority of human contact with bats takes place between July and September, when bats are more active and are weaning juveniles.

NEAL HALL/FOR METRO

Man arrested when stop goes wrong, officer hurt

CRIME

Police say driver tried to flee, then burn stolen vehicle

A man stopped at a check for impaired drivers on Salt Spring Island used a vehicle as a battering ram to escape, RCMP allege.

The man was driving a Chevrolet Blazer shortly after midnight Saturday when he attempted to avoid a police roadblock to check for impaired drivers, almost hitting a Mountie on foot.

The Blazer then rammed a police car head-on. A second police SUV boxed in the suspect vehicle to prevent the driver from fleeing.

Police demanded the man step out of the vehicle and when the man refused, broke his driver's side window and opened the door.

The man slammed the door shut and drove the stolen Blazer back and forth, heavily damaging both of the police vehicles.

Despite an officer drawing his gun and pointing it at the driver, the Blazer escaped the scene at high speed, fleeing northbound on Upper Ganges Road.

A third police vehicle followed the Blazer, which flipped over a short distance away.

Police and the local fire crew attempted to render assistance to the man, who was seated upright in the upside down vehicle.

The man armed himself with an axe and attempted to use a lighter to set the vehicle on fire.

A firefighter who was familiar with the suspect convinced the man to surrender the axe.

The suspect, however, continued to resist attempts to remove him from the vehicle.

After several hours, the suspect was forced out of the vehicle, apprehended under the Mental Health Act.

He has been taken to hospital for treatment.

Cpl. Darren Lagan told Metro Sunday that the man, a 35-year-old Salt Spring resident, was physically uninjured in the ordeal, but remained under medical care for other issues.

The Blazer was later determined to have been stolen.

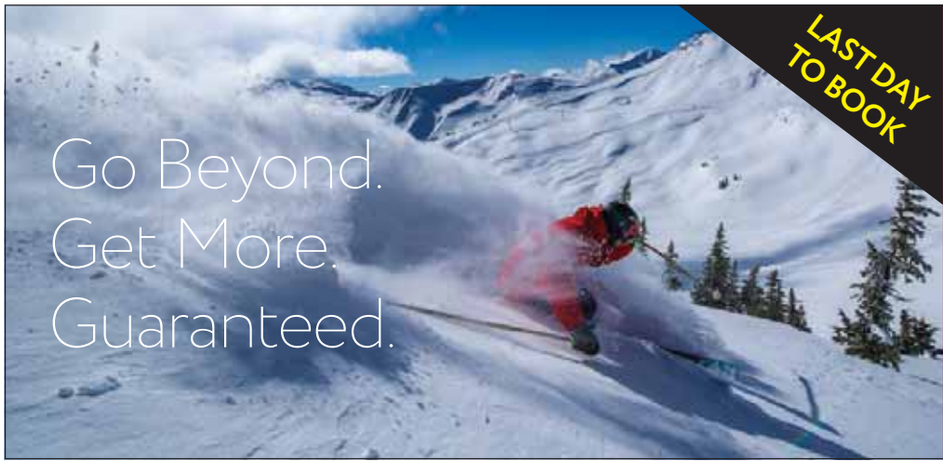
The incident was reported to the Independent Investigations Office, which reviews police-involved deaths or serious injuries.

The officer seated in the first police car rammed by the suspect was taken to hospital for neck and back injuries and is expected to be off work for some time.

The Salt Spring Island RCMP is asking any witnesses to call 250-537-5555, including a person named Kyle M who posted a video of the incident on YouTube.

NEAL HALL/FOR METRO

JUST A BIT TIPSY... BARGE CARRYING SCRAPPED VEHICLES LISTS Ecological damage is expected to be minor after a barge tipped, dumping scrap cars into Victoria's inner harbour Friday evening, according to B.C.'s environment ministry. The company that recycles the cars, Schnitzer Steel, is responsible for clean-up and has hired the Western Canada Marine Response Corporation. THE CANADIAN PRESS



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PEAK 2 PEAK

Ottawa will fight for Fahmy's release

EGYPT

Conservatives criticized for taking too long to intervene

The Canadian embassy in Cairo has officially petitioned the Egyptian government to release imprisoned journalist Mohamed Fahmy, according to Fahmy's brother.

Reached in Egypt by phone, Adel Fahmy told the Torstar News Service that the Canadian ambassador to Egypt, Troy Lulashnyk, filed documents on Sunday morning to have Mohamed Fahmy either deported or pardoned.

"The ambassador has met with the (Egyptian) minister of justice today, and has also filed for deportation officially, and filed for a presidential pardon as well," Adel said.

"This is the opportune time and the most essential time for this to be done," he added.

Canadian Al-Jazeera English journalist Mohamed Fahmy, right, listens to his lawyer, Khaled Abou Bakr, during his retrial in a courtroom in Cairo, Egypt, in June. AMR NABIL/THE ASSOCIATED PRESS

Ottawa's decision to take a firm stance on Fahmy's release follows repeated calls from Prime Minister Stephen Harper's political opponents to take time off the campaign and concentrate on securing Fahmy's release.

They both called on Harper once again to phone Egyptian President Abdel Fattah al-Sisi to personally demand the Al-Jazeera journalist's release.

An Egyptian court sentenced Fahmy to three years in prison on Saturday.

The foreign affairs critics for both the New Democrats and the Liberals lashed out at Harper for failing to intervene earlier.

TORSTAR NEWS SERVICE
WITH FILES FROM THE CANADIAN PRESS

QUEBEC

No exemptions from new sex-ed program

Education on sexual matters is too important to be optional, according to Quebec's ministry of education.

The province is rolling out a new pilot project in which sex education will soon become mandatory for all students from kindergarten to the last year of high school, regardless of the religious or personal convictions of parents. No exceptions will be made.

The sexuality-education pilot project, which will begin in the next few days in about 15 schools, will last two years, affect 8,200 students and could be adopted by schools across the province in 2017.

However, documents obtained by The Canadian Press, and a series of interviews conducted in recent weeks, show that approval for the program is far from unanimous.

The Quebec program has no lack of contentious elements, whether it's the mandatory nature of the classes, lack of training for teachers, or the absence of consultation.

And whether they like it or not, even the most reluctant parents will have to get used to the idea that their children will learn about the signs of puberty and different sexual practices just as they learn about math and conjugating verbs.

"For the moment, no exemptions are planned," said ministry of education spokesman Pascal Ouellet.

In the field, some are wondering if the ministry took Quebec's cultural and religious diversity into account. For example, how should teachers and administrators respond when a parent opposes, for religious reasons, their 12-year-old child learning to identify different sexual practices?

Lorraine Normand-Charbonneau, the president of the Quebec School Principals Federation, says some parents just "don't want their teen to learn about masturbation" in class.

"What will we do, take out those students?" she asked.

"Sexual education is planned for all Quebec students," Ouellet said. The reasoning is that education is beneficial for "preventing sexual assaults, violence in romantic relationships, blood and sexually transmitted infections, and unwanted pregnancies."

THE CANADIAN PRESS

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ELECTION 2015

Mulcair's math is bad: Critics

Conservatives and Liberals ganged up Sunday on perceived frontrunner Tom Mulcair, claiming there's a multibillion-dollar hole in the NDP leader's election platform.

The two rival parties differed on precisely how deep that hole would be and on their suspicions of what Mulcair would do to dig himself out of it, but the message was the same.

Mulcair dismissed both the Liberal and Conservative numbers as fictional and called them a sign of desperation by rivals trying to blunt the NDP's early momentum in the marathon campaign to Oct. 19.

Liberals claimed there's a $28-billion gap between Mulcair's promises of new spending and his pledge that an NDP government could balance all its budgets over a four-year term. Jason Kenney, the Conservative defence minister, estimated at least an $8-billion gap in the first year of an NDP government.

"It's something that the Conservatives are making up," Mulcair said during a campaign stop in Halifax. "I am not going to be leaving this type of debt on the backs of future generations. I'll leave that to Mr. Harper and Mr. Trudeau."

Mulcair said the Conservatives' cost estimate includes "things that have been presented long in the past" by the NDP.

> **I am not going to be leaving this type of debt on the backs of future generations. I'll leave that to Mr. Harper and Mr. Trudeau.**
>
> NDP Leader Tom Mulcair responds to criticism of his platform during a Halifax campaign stop

"It's an attempt to distract from things that are real, like the fact that Stephen Harper has run up $150 billion in debt while he's been the prime minister of Canada," said Mulcair.

As for the Liberals' estimate of a $28-billion gap, he added: "That one by the Liberals is so fanciful that it defies description."

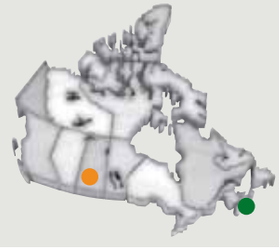
But Liberal MP John McCallum, a former economist, called on Mulcair to produce his math.

"He won't come clean about his math because the math doesn't add up. We know because we did the math for him," McCallum told a news conference.

McCallum said Mulcair would have to slash spending or break most of his promises if he's serious about balancing the budget next year.

But Kenney posited a third possibility: that Mulcair is secretly planning to impose massive tax hikes. THE CANADIAN PRESS

WHERE THE LEADERS ARE MONDAY



- **Tom Mulcair** will be in Saskatoon and Penticton, B.C.
- **Elizabeth May** will be at a rally in Halifax.

Itineraries for Stephen Harper and Justin Trudeau were unavailable.

Drugs, guns in the mail

LAW ENFORCEMENT

Police seeking the authority to stop illicit parcels en route

Canada's police chiefs want legal authority to seize mail in transit to stem the flow of illicit drugs, weapons and fake medication through the postal system.

In a recently passed resolution, the Canadian Association of Chiefs of Police say contraband is being sent through the mail "with impunity" because the law forbids officers from swooping in until a parcel arrives at its destination.

This poses a "significant challenge" for police, who must find "alternative ways to work within or around" the system to apprehend criminals, the chiefs say.

The resolution calls on the government to amend the legislation governing Canada Post to provide police with the ability to obtain a judge's approval to "seize, detain or retain parcels or letters" in the mail stream.

Officers watch over a seizure of heroin, ecstasy pills and over a million dollars in cash in Toronto in 2000. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canada Post delivered more than nine billion parcels and letters to some 15 million addresses in Canada last year. International mail flows through large plants in the Vancouver, Toronto and Montreal areas.

A November 2012 report the RCMP prepared for the chiefs' organized-crime committee revealed that firearms, grenades, a rocket launcher, stun guns, dangerous chemicals and drugs including cocaine, heroin and marijuana were sent through the mail.

> **These items represent a significant threat to postal workers and Canadians.**
> Canadian Association of Chiefs of Police

"These items represent a significant threat to postal workers and Canadians," say the chiefs, who passed the resolution this month at their annual conference in Quebec City.

"It is imperative that Canada Post and the law-enforcement community develop ways to effectively work together to stop the transmittal of contraband through the postal system."

Cara Zwibel of the Canadian Civil Liberties Association said she does not have serious qualms about such a legislative change as long as judicial approval is built into the process.

"I do think it's a really important safeguard," said Zwibel, director of the association's fundamental-freedoms program.

However, she does have questions about possible criminal consequences for the intended recipient of an intercepted package containing illicit goods — someone "who hasn't yet received it and who actually may not know that it's coming, or may not have asked for it."

Zwibel cautioned that any watering down of postal mail privacy could be seen as a precedent to allow easier police access to email.

"We should be careful about eroding the kind of protections that we put around what gets sent through the mail — and what gets sent electronically."

THE CANADIAN PRESS

ALBERTA

Tests reveal toxic air

New air-quality tests in one of Canada's largest petrochemical processing regions have revealed more evidence of short-lived but concentrated plumes of toxic chemicals.

The tests by a Nobel-prize-winning lab at University of California Irvine echo previous results scientists have recorded for known carcinogens in the area northeast of Edmonton.

"It is a snapshot, but it's no fluke," said Donald Blake, who heads the lab.

Researchers visited what's called Alberta's Industrial Heartland — home to more than 40 petrochemical companies — in July 2012. They collected 96 samples of air nearby and in upwind rural areas.

The results vary widely, although the majority are well under Alberta's limits. But for July 8-12 of that year, researchers found three days that had brief, dramatic spikes in levels of benzene, a known carcinogen for which there is no safe level.

THE CANADIAN PRESS

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HOLLYWOOD

Prolific director Wes Craven dies at 76

Wes Craven, the writer-director who thrilled audiences with iconic and bloody suburban slashers like Nightmare on Elm Street and Scream that made his name synonymous with horror, has died. He was 76.

In a statement, Craven's family said that he died in his Los Angeles home Sunday, surrounded by family, after battling brain cancer.

A prolific writer, director and editor, Craven is credited with reinventing the teen horror genre with the 1984 release of A Nightmare on Elm Street starring a then-unknown Johnny Depp.

The movie and its indelible, razor-fingered villain Freddy Krueger (played by Robert Englund) led to several sequels, as did his 1996 success, Scream.

Besides his work in horror films, Craven also directed the drama Music of the Heart, which earned Meryl Streep an Oscar nomination.

Wesley Earl (Wes) Craven was born in Cleveland, Ohio, on Aug. 2, 1939. Though he earned a Master's Degree in philosophy and writing from John Hopkins University and briefly taught as a college professor in Pennsylvania and New York, his start in movies was in pornography, where he worked under a pseudonym.

Craven's feature debut under his own name was 1972's The Last House on the Left, a horror film about teenage girls abducted by thugs and taken into the woods. Made for just $87,000, the film, though graphic enough to be censored in many countries, was a hit. Roger Ebert said it was "about four times as good as you'd expect."

Nightmare on Elm Street, however, catapulted him to far greater renown in 1984.

The Ohio-set film about teenagers who are stalked in their dreams, which Craven wrote and directed, spawned a never-ending franchise that has carried on until, most recently, a 2010 remake.

Craven is survived by his wife, producer Iya Labunka, a son, a daughter and a stepdaughter.

THE ASSOCIATED PRESS

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Evidence government officials say was collected in conjunction with the arrest of a man they say was involved with the Aug. 17 attack in Thailand. NATIONAL COUNCIL FOR PEACE AND ORDER VIA THE ASSOCIATED PRESS

Bangkok bombing accused stays silent

CRIME

Investigators find more detonators, seek motive

Thai police said Sunday the man arrested in connection with Bangkok's deadly bombing was being unco-operative, possibly not telling the truth to interrogators and would remain in military custody for at least seven days.

The unnamed foreigner was arrested Saturday at an apartment on the outskirts of Bangkok where police seized bomb-making equipment and fake passports.

It was the first possible breakthrough in the investigation into the Aug. 17 blast at the Erawan Shrine, which killed 20 people, more than half of whom were foreigners, and injured more than 120 others.

National police spokesman Prawuth Thavornsiri told The Associated Press that police found "more than 200 passports" in the man's apartment, including many that were empty, and police were exploring the theory that he was part of a network that provided fake passports to migrants.

He said the passports were from one country, but wouldn't say which one.

He did not explain why a passport gang might target a religious shrine.

Much remains unknown about the suspect, including his nationality, his motive, his relationship to the alleged bombing network or if he was plotting an attack, Prawuth said, adding that another attack was "possible" because police found 10 detonators. He said police were working with "a number of embassies" and interpreters to try to establish the man's nationality, adding that he did not speak Thai but spoke some English — and the interrogation was going slowly.

> **The police chief thinks it's personal revenge, anger from a group that is not happy with the work of officials.**
> Prawuth Thavornsiri, police spokesman

"He is not co-operating much. From our preliminary investigation, we think he isn't telling us the truth," Prawuth said, declining to elaborate.

"He told us how he entered Thailand but we don't believe everything he says."

Authorities have dodged questions about whether the suspect is believed to be Turkish, saying that he was travelling on a fake passport.

Images circulated online after his arrest of a fake Turkish passport with the apparent suspect's picture.

THE ASSOCIATED PRESS

IMMIGRATION

Border wall gets backer from Wisconsin

Wisconsin Gov. Scott Walker is putting a new twist on the topic of securing the border, a staple among the GOP candidates running for president, by pointing north.

Walker said in an interview that aired Sunday that building a wall along the country's norther border with Canada is a legitimate issue that merits further review.

Republican candidates for president have often taken a get-tough approach on deterring illegal immigration, but they usually focus on the border with Mexico. Walker was asked Sunday morning on NBC's Meet the Press whether he wanted to build a wall on the northern border, too. Walker said some people in New Hampshire have asked the campaign about the topic.

"They raised some very legitimate concerns, including some law enforcement folks that brought that up to me at one of our town hall meetings about a week and a half ago. So that is a legitimate issue for us to look at," Walker said.

The U.S.-Canada boundary is the longest international border in the world at 5,525 miles long.

Billionaire Donald Trump is riding the issue of illegal immigration to the top of the Republican presidential primary polls. He has said he would make Mexico pay for completing a permanent wall along the border. He also says he would also end automatic citizenship for those born in the United States, a right guaranteed by the 14th Amendment to the Constitution that was originally added to grant citizenship to freed slaves and their descendants after the Civil War.

THE ASSOCIATED PRESS

Gov. Scott Walker
THE ASSOCIATED PRESS

TECHNOLOGY

Virtual reality growing popular

A few inches above the floor, a man is suspended from a swing-like apparatus, pretending he's flying over a mountain. Around the corner, a woman is defending herself against a horde of zombies with a make-believe gun. Several feet away, two guys are seemingly racing in cars over 160 km/h. They're each, in their own way, experiencing virtual reality.

At the third annual VRLA, a gathering of VR creators and enthusiasts in Southern California, the immersive technology transported more than 2,000 attendees beyond the walls of the Los Angeles Convention Center to other countries, worlds and dimensions. A few lines to try some of the VR experiences at the one-day event required wait times of over an hour.

"It really feels like the momentum has shifted," VRLA co-founder Cosmo Scharf told the sold-out crowd. "More people care about VR today than ever before." Scharf said there are currently 733 VR companies in the U.S. and VR startups have raised more than $800 million US in funding since 2010.

While VR on smartphones is now available with headsets like Google Cardboard, Samsung Gear VR and Noon VR, regular folks interested in higher fidelity and more interactive experiences must experiment with them at events such as VRLA — that is, until higher-powered systems are released to consumers next year.

Sony and Oculus VR, which is owned by Facebook, plan to launch retail editions of their VR headsets in early 2016, while Valve and HTC are expected to release their Vive system later this year. THE ASSOCIATED PRESS

BitGold builds app to link buyers to bullion dealers

INVESTING

Software lets users transfer holdings' value to credit card

Josh Crumb, co-founder of the Toronto-based company, says the inspiration for their project came from seeing the possibilities of Bitcoin. COURTESY BITGOLD

Want to buy gold as a savings alternative? Well, you guessed it: there's an app for that.

Josh Crumb, co-founder of BitGold, says he created the software that automatically links buyers to bullion dealers and storage companies because he wanted to make it easier for people to own gold as a hedge against inflation and as a store of value.

"It's just so much easier, like everything else, to do it from your mobile phone," said Crumb.

The system charges a one per cent fee to exchange cash into gold and back but storage is free. It also allows users to transfer their gold value to a prepaid credit card, so they can actually buy a cup of coffee with their gold holdings, said Crumb.

"It gives the ability without having to go to coin shops and shave off some flakes of gold to buy something."

Crumb said he and co-founder Roy Sebag were inspired by the possibilities of Bitcoin, which allows global financial transactions without going through banking systems.

Like Bitcoin, BitGold allows free transfers between users, including an international money-transfer option that is in the works. But the key difference, says Crumb, is that Bitcoin will never be a store of value while gold already is.

"We said, let's do everything Bitcoin is promising to do, but let's actually be able to do it by having a real currency."

The Toronto-based company began offering its service to the public in May and had already racked up more than 168,000 global users by the end of July, with about $7 million in transactions.

Crumb said the system should be popular with the fringe gold bugs who foresee the imminent collapse of the U.S. dollar and a rise in gold, but he wants to appeal to a wider base who will use it as a form of savings account.

"You don't buy gold to get rich like you're buying Apple Stock, you buy gold to protect your savings."

Most BitGold customers are in their forties or older, said Crumb, but he is seeing younger buyers who have never bought gold before.

"We are expanding the market because we're taking so much friction out of it."

But many financial advisers disagree that gold should be considered a prudent place to store wealth.

"The message of gold as a hedge against inflation is something that people sort of accepted as a given, but I think in the last 20 years it really hasn't been true," said Ted Rechtshaffen, president and CEO of TriDelta Financial.

He said gold has had volatile swings in value in recent years, while inflation has actually stayed quite low.

Rechtshaffen acknowledged that gold could be a good investment in countries where you can't trust your currency or government, but for Canadians it doesn't make much sense.

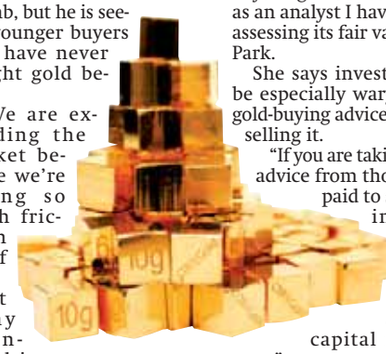
"I'm not saying gold is a bad investment, but gold as an alternative to cash or as a hedge against inflation, I just don't buy it."

Danielle Park, a partner and portfolio manager at Venable Park Investment Counsel Inc., has outlined her skepticism of gold on her blog.

"Gold makes no sense to me as an investment. It pays nothing, it is not essential for anything in our economy and, as an analyst I have no way of assessing its fair value," wrote Park.

She says investors should be especially wary of taking gold-buying advice from those selling it.

"If you are taking your buy advice from those who are paid to sell you the investment products, you are putting yourself and your capital in harm's way." THE CANADIAN PRESS



"You don't buy gold to get rich like you're buying Apple Stock; you buy gold to protect your savings.
Josh Crumb, co-founder of BitGold

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Olé? No way: Spain's "summer of blood" — 8 humans dead from bull running so far — has many wondering if the sport's risks outweigh its entertainment and tourism value.

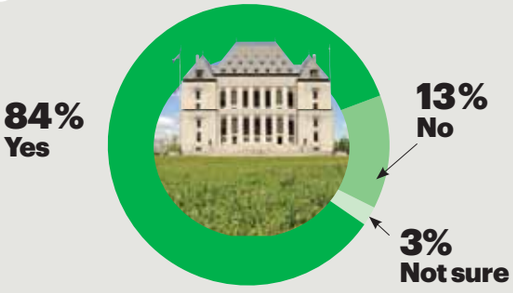
Metro MONDAY POLL

Life-and-death decisions

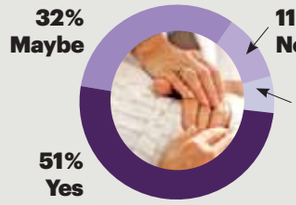
Visit metronews.ca every Friday to have your say.

The Supreme Court has ruled Canadians with "grievous and irremediable" medical conditions have the right to ask a doctor to help them die — and now doctors are deciding how they will answer that question. With no guarantee of federal legislation by the court's deadline of Feb. 6, 2016, the Canadian Medical Association met last week to discuss this legal, ethical and medical minefield. They've resolved that no doctor will have to do the procedure, but that it must be accessible for patients who qualify. While many of those facing painful and fatal illness such as Huntington's or ALS welcome the right to die when they choose, other people worry that the very ill and elderly will be pressured to go before their time. We asked our readers what they think.

1 Do you agree with the Supreme Court's decision?



2 Would you ever consider assisted suicide?



3 Have you told your family or friends what to do if you're too ill to communicate your wishes?

43% I don't have anything formal, but my loved ones know what I want.
25% I've left clear written instructions/a living will.
21% I've been putting off that conversation, but I know it's important.
11% I haven't told anyone what end-of-life care I want, but I'm not concerned about it.

Your back-to-school subject: Water smarts

CITY HOLLER

Trish Kelly

With meteorologists lowballing our precipitation over the past three days at 130 millimetres — a whole summer's worth of rainfall in one weekend — it feels like our long, dry summer may be coming to an end.

Do kids still have to write back-to-school essays about how they spent their summer vacations? Vancouverites could write some interesting ones this year. And I think we learned a few things about ourselves through this unusually dry season.

I spent the summer feeling very thirsty, and drinking more liquids than I needed to, and then feeling guilty about it.

I also learned I'm a water hog with my soaker tub and personal belief that a nice bath is energy-wise, the equivalent of a disco routine/nap.

But I also learned that I could be a lot worse. I could be a "grasshole," the term which popped up on Facebook as a way to shame neighbours defying the city's water restrictions.

In my own network of eco-warriors, friends said they were bailing greywater from their bathtubs to feed their gardens. One man I know proudly shared that he was swimming in the ocean as his only means of bathing. His hair looked great, though he smelled a little seaweedy.

Vancouverites didn't just resort to social media as a way to shame water hogs. They also called their municipal governments to report grassholes. In mid-July when Stage 3 restrictions came into effect, the City of Vancouver received around 200 calls every day. It's slowed now, but the city did write more than 200 tickets and issued more than 6,400 warnings.

I wish someone had come up with a term to describe the City of North Vancouver, which, in the face of water restrictions, trucked in 50,000 litres of water to fuel a 1,000-foot slip 'n' slide for their Car Free Day. The water was sourced outside the Metro boundaries, so no restrictions were broken, but *come on*. Someone, please name that kind of arrogance.

What the rest of us learned was, we can do this. Daily water usage in August was handily below the 1.2 billion litres the region had set as a target. We can reduce what we use, and, through social pressure and our own consciences, keep ourselves in check.

Which is good to know, because from a climate-modelling perspective, we're in store for more of these dry conditions. The city's climate adaptation strategy states that over the past 50 years, snowpack on April 1 has decreased on average by 25 per cent in B.C. and precipitation as snow is projected to almost disappear by 2080.

I think we learned a few things about ourselves through this unusually dry summer.

So write your own essay. Take notes on what you learned because we'll likely need your water smarts next year.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

metroview

Why does picking my battles make me feel like I've lost the war?

Matt LaForge
Metro | Toronto

We all want to make social progress, and most of us are even willing to fight for it.

One reason we don't is that picking battles is almost as hard as fighting them.

I thought of this on Saturday at the Jays game in Toronto, where I found myself watching six police officers violently subdue a fan.

I was buying a shirt when I looked to my left and saw the police hustle a sandy-haired, ropey-muscled lad out of a bathroom and into the exit tunnel. He flailed and cursed. A none-too-rare tableau at pro-sports venues — a routine collaring of a Rowdy Dude. An instant's distraction, nothing more.

I was returning to my seat and forgetting about the whole thing when, seconds later, I heard more yelling, turned around and saw the guy right behind me with half a dozen uniforms in hot pursuit. He'd bolted. The cops tackled him into a prone position, knees to his back, arms pressed against his neck. "Stop resisting!" "I'm not f—cking resisting!" Additional ambient cursing, sources unknown. A minute-long struggle.

One of the poor guy's outraged friends started shooting video of this second phase of the encounter. In a fit of mild civic righteousness, I followed suit. Predictably, backs stiffened. To record police is, as far as some are concerned, to impugn police. A middle-aged man standing nearby didn't appreciate what I was doing and told me so. In response, I ad libbed something about people behaving better when they know they're being watched.

Pretty big talk. You'd have thought I was shooting the Rodney King video. Not exactly. A few salient details I haven't yet mentioned: The perp, who was white, had evidently been grabbed at a vulnerable moment — his belt was undone and his unfastened pants were riding low around his thighs; one of shoes was missing; and when he was back on his feet, he yelled, "All this because of an e-cigarette, are you kidding me? You guys are f—ed!"

Seems he'd been vaping in the men's room. This was Trailer Park Boys stuff. This was the tragedy of King — and Eric Garner, Samuel DuBose and Jermaine Carby — repeating itself as low-stakes farce, with posturing and overreaction on all sides: The cops threw a hockey team's worth of personnel and aggression at a clandestine e-smoker; we bystanders with iPhone cameras rolling got too full of ourselves; the police apologists in the vicinity turned a blind eye to pain in the name of public order; and the vaper himself acted like a political prisoner.

I spent the rest of the game feeling the shame of the busybody. It's the kind of shame that advises against future involvement in other people's business. And its lasting effect is that, when something actually important happens, nothing important might be done about it.

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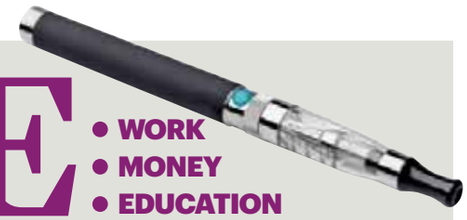

Parents not aware of e-cig dangers, study says

Megan Haynes
For Metro Canada

LIFE OUT OF ORDER

Millennials are not following the traditional path toward adulthood, but in their wayward march they may be redefining what a successful life looks like

Cherisse Feldberg, 31, still imagines her wedding day. She wants a mermaid-style dress, her bridesmaids will wear red and it'll be a small affair — a crowd that can fit comfortably in her backyard.

It's been almost six years since she got engaged, and the wedding seems increasingly out of reach.

First, her fiancé's father got sick, then they inherited the house (and the debt) in Golden, B.C., which meant pushing off the wedding for a year. Then she had a baby, and the ceremony got bumped again. And then another baby, and again, another delay. She says she wasn't financially prepared for the turn of events.

Feldberg is part of a growing cohort of millennials opting to undertake so-called markers of adulthood out of order.

A new study by TD found 52 per cent of millennials are on track to complete their life goals — but not according to their plan. And many are facing unexpected costs as a result.

One of the issues is millennials are still saving for these big expenses as though they were going to go about it in the traditional order (that is graduate, move out and gain financial independence, get married, buy a home, have a kid), says Lee Bennett, senior vice-president of TD's wealth and financial planning group.

"It's not that they have less money, they just have less time to put money away," says Bennett. What's more, many underestimate the cost of these life events, Bennett says.

For example, raising a child can run $13,000 a year, according to one estimate from MoneySense magazine. And as of July 2015, the average price of a Canadian home stands at $437,135, (up from about $150,00 in 2000).

Even the cost of education is rising — the Canadian Centre for Policy Alternatives found tuition has nearly tripled over the past 20 years, with average student debt hovering in the mid- to high-$20,000 range.

And millennials' salaries haven't kept pace, increasing only $1,000 (adjusted for inflation) when compared to their parents' generation 30 years prior, according to a 2014 study by BMO.

The recession hasn't helped, either: unemployment levels among 15- to 24-year-olds has hovered around 13 per cent since the 2008 financial meltdown. That statistic doesn't take into account youth underemployment (taking jobs for which they are overqualified), which is an estimated 27 per cent. And keeping up with everyday expenses means it can be even more difficult to save for the next stage.

The transition (to adulthood) has been stretched over time to the point where it isn't fully happening.
Johanna Faigelman, cultural anthropologist

Feldberg says this is exactly what happened to her.

"There's too many reasons to keep putting the wedding off," she says. "It would have been easier to do it in (2009) when there was no house, no kids. Now there are other priorities — we needed a new kitchen, the kids have to go on a family holiday. A wedding takes last place to everything else."

That's not to say millennials are moping about the unexpected turn of events, says Johanna Faigelman, a cultural anthropologist who studies this cohort extensively as the president of marketing research firm Human Branding.

Adulthood, she says, is a social construct: the transition from frivolous, happiness-seeking teenager to grownup contributing member of society.

"But the transition has been stretched over time to the point where it isn't fully happening," says Faigelman.

As of 2011, 42 per cent of people in their 20s lived with their parents, compared to 27 per cent in 1981. And millennials are putting off marriage as well. In 2008, the average age of newlyweds was 30 compared to 23 in 1972, according to Statistics Canada.

Yet, delaying adulthood is not necessarily by choice. One study by the Pew Research Center found one-third of millennials want to get married or have a baby, but are putting it off for financial reasons. Half of the people surveyed said they work jobs that don't appeal to them in order to pay the bills.

Psychology professor Jeffrey Arnett at Clark University in Worcester, Mass. has said changes in society (such as the need for more education, fewer entry-level jobs and a delay in having children in favour of focusing on careers) have created a new stage called "emerging adulthood."

"'Adulthood' was the end of all the foolish things like living your dream, pursuing your happiness. It meant that corner office, white picket fence and two-point-five kids," Faigelman says. But, she adds, millennials don't want financial obligations like mortgages to stop their pursuit of happiness.

Arnett's research backs that up, and while "emerging adults" tend to feel psychological instability and a sense of being "in-between," there is also a focus on identity exploration and a sense of what's possible.

One 2012 study by the Pew Research Center found 89 per cent of millennials aren't worried about being able to afford the life they want.

Faigelman reasons this is because millennials are shifting their definitions of what they want in life; what makes for a "successful" adulthood.

"(Millennials) might see the value in owning a house, but (say) 'Maybe it's not for me, I'd rather pay for experiences and travel, and have that enrich my life,'" she says.

Rather than focus on the house or wedding they wanted, but can't afford, this cohort has adapted taking the unplanned events and making them markers of success, she says.

"I still want the wedding dress, the first dance and that memory," says Feldberg of her far-off wedding. "But our priorities are saving up for a bigger home, and saving for our kids' school fund, so they can do whatever they want — that's what matters."

$ SAVINGS PLAN

Expecting the unexpected

- Bennett says it's never too early to start saving and no dollar amount it too small. "Even $25 is a good amount," she says.
- Have a plan on how to save for the next life event, she says. While a couple may intend to get married first, if that dream house comes up, at least there is some money in the bank should they want to pounce.
- This means constantly re-evaluating plans, she adds. As soon as people start realizing their life plan is shifting, it's time to revisit their savings goals. "It's not a once-and-done," she says.

MEGAN HAYNES/FOR METRO

5 THINGS TO WATCH FOR IN THE ECONOMY

Did Canada fall into a recession? That question has been the source of heated discussion in recent months. Here are five things to watch for in the news this week that might help shed light on the situation.

THE CANADIAN PRESS/TORSTAR NEWS SERVICE

1 THE GDP

On Tuesday, Statistics Canada will announce the gross domestic product for the second quarter of this year. A recession is defined as two consecutive quarters of negative growth. Some economists say Canada likely met the technical definition of a recession but without some of the classic hallmarks of a severe downturn.

2 ALBERTA FISCAL UPDATE

A financial report from Alberta on Monday should offer a glimpse into how the provincial government has been faring amid low crude prices. Finance Minister Joe Ceci will be expected to address how the NDP government plans to regain its fiscal footing. "You can't call it a Canadian recession. You can call it an Alberta recession," said Bank of Montreal senior economist Robert Kavcic. "There's still 75 per cent of the Canadian economy that's not tied to the energy sector geographically."

3 CONVENIENCE STORE GIANT

Quebec-based convenience store operator Alimentation Couche-Tard will report its first-quarter results on Tuesday. In July, the owner of Mac's and Couche-Tarde stores said its U.S. operation — where it operates mostly as Circle K — had its best quarterly performance since the financial crisis of 2008.

4 SEARS CANADA EARNINGS

The Toronto-based retailer reports it second-quarter earnings Wednesday. Things haven't looked bright for the department store chain, which posted a $59.1 million loss in the previous quarter. The company is also on the search for a new CEO after the departure of Ronald Boire — the third to leave the job suddenly in two years.

5 JOBS

Many will be watching when Statistics Canada releases the jobs figures for August on Friday, particularly as they come in a federal election campaign where the economy has been a central issue. The country's unemployment rate has been stuck at 6.8 per cent for six months, so observers will be looking out for any signs of movement.

6.8%
UNEMPLOYMENT RATE

EDUCATION

Can you get rid of student loans by declaring bankruptcy?

I have such fond memories of that glorious stretch of days when bar tabs and restaurant receipts were no obstacle. I'm referring of course to the beginning of the school year, when summer job money hadn't yet evaporated and then the glorious lump-sum student loan cash would fall from the heavens. Of course, those fond daydreams can quickly become nightmares if student loan debt isn't taken care of properly.

Even as financially illiterate as I was when I went through my university adventures, I still remember being shocked at the number of students who weren't really sure what a student loan was, other than a way to get money into their bank account. They didn't totally know if they ever had to pay it back, and since seemingly everyone was getting one, they couldn't be that bad, right?

Many of us are now finding out that it can definitely be that bad. As students head back to campuses across Canada, there is no shortage of factual evidence that young Canadians are piling on debt like never before. This is bad news for them, and it could be bad news for their lender — you and me.

That's right: If you pay taxes in Canada, you're helping to lend money to students for post-secondary school, and who are deemed to need the loan.

Because the government knows we might get a little testy if our tax dollars aren't paid back, (we're already directly footing the bill for a large part of every university and college's budget, after all) it's pretty adamant that once you reach the light at the end of the tunnel and get your cap and gown, you need to jump right into your professional career and start repaying your debt.

The obvious problem is that the assumed career pot of gold at the end of post-secondary rainbow appears to be getting more and more elusive. But if you think not finding a good job will prevent the government from reaching into your bank account, you better read the fine print.

If you think that not finding a good job will prevent the government from reaching into your bank account, you had better read the fine print. ISTOCK

Student loan debt is one of the most difficult financial situations to get out of. Companies can use all sorts of fancy bankruptcy options to fold, restructure, or otherwise hold creditors at bay. Even credit card debt and car loans can be forgiven in a less-than-ideal scenario when someone declares personal bankruptcy.

Student debt is like that D on your transcript from that first-year course you never woke up for: It will stay with you forever. Declaring bankruptcy won't erase the debt, and the earliest most people can go about getting their student debt forgiven is seven years after they graduate.

Only in very selective cases of "hardship" (an extremely difficult status to attain) will that seven-year period be shortened to five years. Even after the seven-year mark, declaring bankruptcy, selling all of your possessions, and begging to be given a fresh start doesn't always result in a clean slate. Governments can garnish your tax returns while penalizing you in other ways.

Proving hardship is much more difficult than simply saying you haven't found your dream job yet. If you're still in school, be careful when the balance in your chequing account suddenly hits new highs — the piper will be paid one way or another someday — and "someday" comes sooner than many would ever expect.

$ IN BRIEF

- Student loan debt is rarely forgiven and is harder to get rid of than almost any other type of debt.
- The government will go to great lengths to make sure it gets paid.
- Trying to claim "hardship" status as a means of getting out of student debt is extremely difficult.

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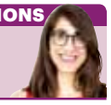
Rudeness may be contagious

STUDY

Like the common cold, disrespect spreads



OFFICE RELATIONS
Eleni Deacon

When a colleague is popping COLD-FX and filling their garbage with snotty Kleenex, you'll probably try to steer clear of their desk.

And while they might interpret your aloofness as rudeness, you might consider in-your-face sneezing to be impolite, as well. But what if germs weren't the only contagious workplace threats? According to a new study, rudeness itself is catching.

In a recent article from the Journal of Applied Psychology, researchers from the University of Florida tracked 90 students as they practised negotiation with different partners. Their findings: When a student perceived one partner as rude, they themselves were far more likely to be considered rude by a subsequent partner.

Like a microbe jumping from one sinus-clogged co-worker to the next, disrespect spreads.

This discovery suggests it could be worthwhile to rethink how we understand and respond to rude colleagues. According to the study's researchers, rudeness is transmitted subconsciously. When a workmate dishes a passive-aggressive comment about the smell of your lunch, you don't make an intentional decision to shoot down everyone's ideas in your afternoon meeting — it just happens, due to automatic mechanisms in your brain. And while we can't control our subconscious, we can approach rudeness with new awareness.

When faced with a snide remark or standoffish greeting, it's normal to focus on the perpetrator. Rather than fixating on how to zap your offender's bad vibes, however, consider how to harness your own. It's possible to develop strong personal guidelines for how you want to treat and speak to your colleagues, returning to these standards whenever you encounter snippy or aggressive conduct.

Even when you're having a particularly grouchy day, you can engage specific actions that are simple to adopt such as a neutral tone of voice, an open posture, and a not-scowling facial expression.

It's not just emotionally unpleasant to be on the receiving end of rudeness — it can put a dent in your efficiency. Though eye rolls can be satisfying, committing to cordiality is a more effective to way to maintain productivity by preventing rudeness from taking root. You might even discover that politeness is contagious, too.

Like a microbe jumping from one sinus-clogged coworker to the next, disrespect in the workplace spreads, according to a new study in the Journal of Applied Psychology. ISTOCK

BOOKS

Loving your job is nice, but paycheques are great too

Raquel Laneri
Metro in New York

Listen to enough TED talks or commencement speeches, and you'll think that you should love your job and anything less is selling yourself short.

But Miya Tokumitsu wants to push back against this mantra.

"As someone with one foot in academia and the other in the arts, I would hear lots of things like, 'Oh, we're not in it for the money,' or, 'Well, you shouldn't expect to get a decent-paying job right away,'" says the Jacobin magazine contributor and art history PhD. "I think those kinds of exploitative messages come from this idea of 'Do what you love.' And they're not only unrealistic; they're also harmful."

Tokumitsu, who teaches history at the University of Melbourne, has written a book on the subject called Do What You Love: And Other Lies About Success and Happiness. So, what does she tell her starry-eyed undergrads when they want career advice? We asked her.

There's nothing wrong with working for money

Tokumitsu's main problem with the 'Do what you love' mantra is that it treats people who take jobs because they need to pay rent or feed their family as somewhat inferior. And, since pursuing a college education nowadays virtually guarantees you'll be saddled with enormous debt, graduates — except for the privileged few — can't afford to be too precious about their jobs .

Love takes time

There's nothing wrong with pursuing your interests — or a career that you think you'll find fulfilling. But, the idea that you're going to fall in love with your job on Day 1 is just unrealistic.

"The main thing I would say to a 22- or 23-year-old is that love takes time," says Tokumitsu. "And that kind of pleasure from work can exist, but I feel like it comes a little bit later."

It's not all about you

When applying for — or settling on — a job, sometimes there are more important factors than just the amount of pleasure you'll personally get from it. "Think of the work you're doing not so much as something that's for you and for your pleasure but as a contribution that you're making to society," advises Tokumitsu.

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BEYONCÉ 101

Two Canadian campuses offer courses on the pop superstar

With the release of every new track, magazine cover and Instagram post, Beyoncé's every move sparks endless chatter on social media.

Soon they'll also be discussed in some Canadian classrooms.

The University of Victoria and the University of Waterloo have dedicated courses to exploring the career of the superstar, who turns 34 on Sept. 4.

"I just thought she would be an artist that a lot of the students — especially in this young 20s age range — would be able to identify with.... They've pretty much had Beyoncé in their lives their entire lives," said University of Victoria lecturer Melissa Avdeeff, whose course debuted in January and will return this fall.

The introductory music course touched on everything from music video analysis to feminism and gender studies, tracking Beyoncé's career trajectory from her girl-group days with Destiny's Child to solo stardom.

"She's an artist that has stayed relevant culturally. She's had her hand in a lot of different cultural aspects — not just her music," said Avdeeff.

Avdeeff said she devoted a section of her inaugural class to addressing criticisms of the course, including negative remarks posted in response to a Globe and Mail article.

"It's good to document culture as it's happening so we have this record, so we see what's happened, so we see how it's reflecting in our society as we're living it."

Most recently, Beyoncé's decision to stay relatively mum in the media is generating even more press.

She graces the cover of Vogue's famed September issue, but without being interviewed. A recent New York Times story examining Beyoncé's media moves said she hasn't answered a direct question for more than a year.

While she has 44.2 million Instagram users and regularly posts candid images, there is rarely — if ever — text to accompany the photos. Beyoncé also hasn't tweeted from her official account since August 2013.

It will be her music that will be the prime focus of Gender and Performance, debuting at the University of Waterloo this fall.

The course, being offered by the school's drama and speech communication department, will centre on Beyoncé's self-titled visual album, analyzing videos and looking at performance study models, feminist and race theories in the context of her work.

"This album, I think, operates on many platforms," said assistant professor and course instructor Naila Keleta-Mae, an award-winning performance poet and playwright.

"She spoke about wanting all of these videos ... thought about as a movie of sorts. And so for me, as a performance studies scholar, it was interesting to think of an entire album as being a visual performance."

In a mini-feature about the album, Beyoncé spoke of watching videos on YouTube to learn about feminism. She came across a speech on the subject by Nigerian author Chimamanda Ngozi Adichie and wound up sampling a clip from it in her feminist anthem Flawless.

Keleta-Mae said Beyoncé's use of digital media as an informational resource "speaks a lot to the moment that we're in," noting that it's an approach being embraced by students — and one that the academic world should also note.

"Whether or not scholars across the country like it, when our students are turning in papers, they're quoting Wikipedia and YouTube. When they want to get the definition of something they're going to Dictionary.com," Keleta-Mae said. THE CANADIAN PRESS

GETTY IMAGES

> **As a performance studies scholar, it was interesting to think of an entire album as being a visual performance.**
> Waterloo course instructor Naila Keleta-Mae

COLLEGE STUDENTS

Dope on when kids try drugs

Parents worried that their college-bound children might succumb to the temptations of campus life may want to take note of a new U.S. analysis that found that students tend to experiment with specific types of drugs for the first time during certain times of year.

College students tend to try stimulants such as Adderall and Ritalin for the first time in November, December or April, according to the examination of 12 years of U.S. government survey data.

They may believe the attention deficit disorder medications will help them ace their exams, even though there is no medical evidence that such drugs enhance performance and such drugs can be addictive.

Students are most likely to try marijuana, inhalants and alcohol for the first time during the summer, not the school year, according to the report released lat week by the Substance Abuse and Mental Health Services Administration, which examined data from the annual National Survey on Drug Use and Health.

FIRST-TIME USE

Peak months by drug type

- First use of cigarettes peaks in June, September and October.
- Underage college students who have never tried alcohol before are most likely to have it for the first time in June.
- First-time use of cigars, marijuana and inhalants is highest in June and July.
- The first nonmedical use of prescription painkillers happens most often in December.

The new findings suggest that prevention messages could be targeted at the months when college students are most vulnerable, said Brendan Saloner, an addiction researcher at Johns Hopkins Bloomberg School of Public Health who wasn't involved in the study.

"For most of the substances, what you're seeing is a summer peak. Young people may have more time on their hands and less supervision," Saloner said.

"For stimulants, first use seems to peak around finals. There's a lot of anxiety and stress around final exams and a push for students to do as well as they can."

THE ASSOCIATED PRESS

STEM CAREERS

Nas funds coding scholarships

Rapper Nas gives support to blacks and Latinos who want learn how to code. GETTY IMAGES

Learning to code may be the best career move you'll ever make.

Not only do web developers earn good money (starting at $80,000 in New York City), but they're also extremely happy, with 88 per cent reporting feeling satisfied in their jobs. (Of course, you would be too if your job consisted of creating video games.)

But — like all STEM careers — coding jobs do skew male, and skew white.

Now, according to The Root, rapper and Queens native Nas is giving scholarships to blacks and Latinos to attend coding school at General Assembly, which has locations in major cities across the U.S.

Nas is giving out the funding via his VC firm Queensbridge Venture Partners. Queensbridge will be joining Microsoft and Google to help get more underrepresented groups into coding.

Microsoft will be doling out scholarships to vets, while Google will be donating scholarship money for women.

RAQUEL LANERI/METRO IN NEW YORK

Trail officials say some people are treating the Appalachian hike as a months-long frat party.
ROBERT F. BUKATY/THE ASSOCIATED PRESS

Take a hike! Parks not wild about 'tude

A WALK IN THE WOODS

Concern about bad behaviour grows as use of trails explodes

With last year's release of the movie Wild about a woman's journey on the Pacific Crest Trail, and what experts call a growing interest in outdoor activities, the number of people on the Appalachian Trail has exploded.

And the numbers are only expected to climb further after A Walk in the Woods — a movie based on the 1998 Bill Bryson book about the Appalachian Trail — hits theatres this week.

Reese Witherspoon in Wild.
CONTRIBUTED

The growing number of hikers is becoming a management nightmare at Maine's Baxter State Park, home to the trail's final summit on Mount Katahdin, officials say hikers are flouting park rules by openly using drugs and drinking alcohol, camping where they aren't supposed to, and trying to pass their pets off as service dogs.

Officials say they also believe the culture and attitude of the people using the footpath is changing.

Jensen Bissell, director of the park, said in a letter to the Appalachian Trail Conservancy late last year that hikers are "open and deliberate in their desire for freedom from all rules and regulations." He warns that the trail may need to end somewhere besides Katahdin if something doesn't change soon.

"If we have 2,000 hikers now, how will it be when we have 3,500 or 4,000 hikers?" Bissell said.

More than 830 people completed the 2,189-mile hike last year, up from just 182 in 1990, according to the Appalachian Trail Conservancy, based in Harpers Ferry, West Va. At Baxter, the number of registered long-distance hikers grew from 359 in 1991 to more than 2,000 in 2014.

Hundreds of miles away, misbehaving hikers contributed to a small Pennsylvania community's recent decision to shutter the sleeping quarters it had offered for decades in the basement of its municipal building.

Some say there appears to be a growing sense of entitlement among hikers, many of whom are just out of college or have enough money to leave work for months at a time.

"We had to take off half a year of working, and not a lot of people can do that," Karl Berger, a 24-year-old Maine resident known on the trail as GQ, said from a camp site in Baxter, where he was resting with his father before finishing the hike up Katahdin.

"I don't think a lot of hikers acknowledge that it's a privilege to be out here."

Many hikers said they believe the concerns are being overblown. THE ASSOCIATED PRESS

SPLITSVILLE, AGAIN

Robin fosters doubt

I'm starting to have trouble keeping up with this one. So: In January 2014, House of Cards star Robin Wright and boyfriend Ben Foster announced they were engaged, but come November 2014 they'd called it off. But then in January of this year they were back together, with plans to tie the knot back on and everything, reuniting publicly on the Golden Globes red carpet. Well, apparently it didn't stick, as E! News reports that they've broken up and called off the wedding plans yet again. And apparently this time they've been keeping quiet about it, as the split reportedly happened a couple of months ago. Who wants to start taking bets about when they'll be back together? I'm going to go with by the Emmys next month.

NED EHRBAR/METRO IN HOLLYWOOD

NEW ROMANCE

Sandy's arm candy

Sorry, guys. Sandra Bullock is taken. The Oscar-winning actress has been pretty quiet about her personal life since her marriage to Jesse James imploded back in 2010 and adopting son Louis that same year, and now People magazine reports that she's been quietly dating photographer and model Bryan Randall for "several months." Several months! Several! Things are apparently going so well between the couple — who were spotted out having a romantic dinner late last week — that Bullock reportedly brought Randall along as her date to Jennifer Aniston and Justin Theroux's secret backyard wedding earlier this month.

NED EHRBAR/METRO IN HOLLYWOOD

BIG BROTHER BOOT

Tila's past bites back

Hey, remember Tila Tequila? We haven't heard from her in a while. Well apparently she was, until very recently, a part of the new season of Celebrity Big Brother in the U.K., but producers decided to give her the boot a bit early — and not because she didn't qualify for the "celebrity" part of the title. The MySpace-spawned personality earned the ire of the show's team because of a 2013 Facebook rant defending Adolf Hitler. "When (it was) brought to our attention, she was called to the Diary Room for a discussion with producers and was subsequently removed from the house," a spokesman tells the Independent. NED EHRBAR/METRO IN HOLLYWOOD

metro SPORTS

Tokyo won the Little League World Series, overcoming an eight-run deficit to beat Lewisbury 18-11

Lions look for 'dynamic' presence on offence

CFL

Leos release 1st-year import receiver A.C. Leonard

Cam Tucker
Metro | Vancouver

The new work week started with change for the struggling B.C. Lions, as they released first-year import receiver A.C. Leonard.

It also appears, based on Sunday's practice in Surrey, that fellow first-year import receiver Lavelle Hawkins could get his first start when the Leos travel to Montreal to face the Alouettes on Thursday.

"We're giving some other guys some opportunities to be a little bit more dynamic on offence," said head coach Jeff Tedford.

Leonard, used in a tight end role at times, had 17 catches for 187 yards and two touchdowns — both coming in his first start back in July — for a Lions team that has been anemic at times on offence.

At six-foot-two and 252 pounds, Leonard was an inviting target to physically grind down opposing defenders, but someone who could block as well.

"He was doing all right," said Tedford of Leonard. "We weren't getting enough out of that position."

The hope, based on what Tedford said, is that the change will allow the Lions to open up the field vertically, which is where speed factors in.

Hawkins, who played college ball for Tedford at California-Berkley, signed with the Lions in March, but his 2015 season experienced a sudden interruption when he suffered a fractured arm on the first day of training camp.

Surgery followed and it's only now Hawkins is in a position to play.

"He's pretty dynamic with the ball in his hands," added Tedford.

Hawkins took reps with the first-team offence on Sunday, then stayed out on the field to take a few extra throws from quarterback Travis Lulay to work on timing between the two.

The Lions are in need of something — speed or a spark, you decide — to help their offence.

As per league statistics from Aug. 20, they were last in the league in passing yards, time of possession and plays from scrimmage and sixth in total points on offence.

"I think it's going to be good to help everyone out," said Hawkins.

"From what I was seeing, a lot of the (defensive backs) sit on things a lot so with more speed on the field, it's always better."

179

The Lions (3-5) have scored 179 points while surrendering 234.

A.C. Leonard, right, had 17 catches for 187 yards and two touchdowns for Vancouver.
DARRYL DYCK/THE CANADIAN PRESS

IN BRIEF

Redblacks' 3rd-quarter surge keeps Riders winless

Jerimiah Johnson scored three rushing touchdowns as the Ottawa Redblacks downed the Saskatchewan Roughriders 35-13 on Sunday.

The Roughriders, who had their second lowest point total in a game this season, fell to 0-9. They scored just five points in a 35-5 loss to the Edmonton Eskimos on July 31.

After a tight first half that had the Redblacks (5-4) in front 14-10, the game took a huge turn in favour of the Redblacks over a span of three minutes and 44 seconds from the end of the third quarter and into the fourth.

The Redblacks scored 21 points over that time to take a 35-10 lead and control of the game.

THE CANADIAN PRESS

Sounders cut down Timbers

Obafemi Martins scored his 10th goal of the season in the opening minutes, Brad Evans converted a disputed penalty kick just before halftime and the Seattle Sounders beat the Portland Timbers 2-1 on Sunday.

Seattle (12-13-2) picked up its second victory of the season over its Cascadia rival, but more importantly got a needed three points in the Western Conference playoff race before a crowd of 64,358, the fourth largest crowd for an MLS game in Sounders' history. Seattle started the day in seventh place and outside of the playoff picture, but pulled into a tie with San Jose for sixth with the victory. THE ASSOCIATED PRESS

MLS

Whitecaps lose Laba, Waston for next match

First, Kendall Waston was shown off the field. Matias Laba followed shortly after, as the red cards quickly rained down.

And within eight minutes, the Vancouver Whitecaps lost their towering centre back, Waston, and best defensive midfielder, Laba, not only for the remainder of Saturday's match versus the Houston Dynamo but for upcoming matches as well.

The Whitecaps also lost on the scoreboard by a final of 2-0, ending what had been an impressive month of August for the local MLS club and keeping them second in the Western Conference, one point back of the L.A. Galaxy.

A win, and the Whitecaps would've leapfrogged the Galaxy back into top spot in the MLS Supporters' Shield standings.

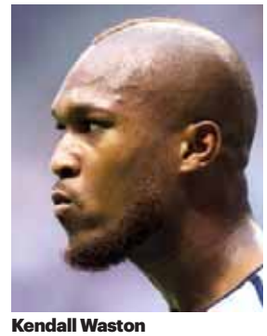
> **"Arguably, they've been two of our best players this year.**
> Carl Robinson

According to the Whitecaps, the club will now be without Waston for their Sept. 9 match versus the Colorado Rapids and Laba for two games — Sept. 9 and Sept. 19 versus the Seattle Sounders FC — after both players were ejected in the second half against the Dynamo. The red cards forced Vancouver to play with only nine players for the remainder of the game.

"I'll speak to my boys because I am disappointed for them. We lost the game today — it's difficult to play with nine men," head coach Carl Robinson told reporters.

"Arguably, they've been two of our best players this year, so it's disappointing that they'll miss games, but that's why you have a squad."

CAM TUCKER/METRO



Kendall Waston
DARRYL DYCK/THE CANADIAN PRESS

TRACK AND FIELD

High jump gold for determined Drouin

In the days leading up to the world track and field championships, Derek Drouin played the words over and over in his head, like a song on repeat: You can win this. And when the competition got tense Sunday night, and seemingly the entire Bird's Nest stadium was pulling for Chinese hero Zhang Guowei, Drouin said them again.

The 25-year-old from Corunna, Ont., was true to his word, winning gold in high jump at the world championships with a quiet confidence that ran through virtually every member of this young and talented Canadian team.

"I definitely was telling myself that if there was ever an opportunity this was it," Drouin said.

"And when it finally happened, it was just a relief."

The medal was No. 8 for the Canadian team, capping a thrilling best-ever showing.

Derek Drouin celebrates his gold. THE ASSOCIATED PRESS

"We came here to kick ass," said Athletics Canada head coach Peter Eriksson. "We kicked ass."

Canada's previous best performance was five medals two years ago in Moscow, Russia. The Canadians had never won two gold — Canada's other one this week came from pole vaulter Shawn Barber.

THE CANADIAN PRESS

GOLF

Win at The Barclays all in a Day's work

Jason Day powered and putted his way to another blowout against a world-class field Sunday at The Barclays.

Fresh off his first major at the PGA Championship, Day pulled away early and poured it on with three long birdie putts on the back nine at Plainfield in Edison, N.J. A birdie on the closing hole gave him an 8-under 62 for a six-shot victory over Henrik Stenson.

Day closed with a 63-62 weekend and finished at 19-under 261. He won two weeks ago by three shots over Jordan Spieth with a record to par at 20-under 268.

The victory moves the 27-year-old Australian to the top of the FedEx Cup after the opening playoff event, assuring that Day will be among the top five who have a clear shot at the $10 million bonus at the Tour Championship.

Jason Day GETTY IMAGES

More compelling is another race for No. 1.

With his second straight victory, and fourth of the year, Day remains at No. 3 in the world but now enters the picture with Spieth and Rory McIlroy for golf supremacy. All three will have a mathematical chance to get to No. 1 at the Deutsche Bank Championship next week at the TPC Boston.

"It's been a special summer for me, and it's not over," Day said. "To be able to play the way I did over the weekend is fantastic. Today was just phenomenal golf." THE ASSOCIATED PRESS

IN BRIEF

Hoyer shows starter chops as Texans roll in New Orleans

Brian Hoyer led scoring drives on two of his first three series since being named Houston's starting quarterback, and the Texans went on to a 27-13 pre-season victory over the New Orleans Saints on Sunday.

All three Texans quarterbacks led scoring drives. Ryan Mallett, who was upset this past week upon learning he'd be the backup, threw a six-yard touchdown pass to Jaelen Strong. In the fourth quarter, Tom Savage hit Chandler Worthy for a six-yard score. THE ASSOCIATED PRESS

Cubs' Arrieta tosses no-hitter versus Dodgers

Jake Arrieta pitched the sixth no-hitter in the majors this season and second against the Los Angeles Dodgers in 10 days, leading the Chicago Cubs to a 2-0 victory Sunday night.

Arrieta (17-6) became the first 17-game winner in the big leagues by throwing baseball's third no-hitter in less than three weeks.

Astros right-hander Mike Fiers blanked the NL West-leading Dodgers 3-0 on Aug. 21. Los Angeles had never been no-hit twice in a season. THE ASSOCIATED PRESS

From left, Kevin Pillar, Ben Revere, Jose Bautista and Troy Tulowitzki celebrate Sunday's win at Rogers Centre.
COLE BURSTON/TORSTAR NEWS SERVICE

Jays really cooking with hot Edwing

MLB

AL East leaders have 'feel of a championship team' this year

SUNDAY In Toronto

9	2
BLUE JAYS	TIGERS

When Mark Buehrle won a World Series with the Chicago White Sox in 2005, he constantly felt like no matter the deficit they'd win the game. The 2015 Toronto Blue Jays are similar, only with a super-sized offence.

"Here, shoot, if we don't score eight runs, we had a bad day," Buehrle said after a 9-2 win against the Detroit Tigers on Sunday afternoon at Rogers Centre. "We're confident. We're coming to the field every day thinking we're going to win."

The Blue Jays have reason to feel that way. After sweeping the Tigers, they're 21-5 in August and lead the AL East by 1-1/2 games over the New York Yankees.

On Sunday, Toronto provided everything that has become commonplace since a flurry of pre-trade-deadline moves: An offensive onslaught, strong pitching and reliable defence in front of a sellout crowd. Russell Martin and Kevin Pillar each hit two-run home runs, Josh Donaldson and Edwin Encarnacion each had solo shots, and the Jays added to their major-league best run production.

"If this isn't the feel of a championship team, I don't know what is," Martin said. "I feel like we're great offensively, we're great on defence, we're pitching great, our bullpen has depth. I like what we have going right now."

Encarnacion continued his torrid hitting by going 2-for-3 with his 30th homer. He extended his hitting streak to 25 games and is three short of Shawn Green's franchise record set in 1999.

Encarnacion is hitting .409 with 11 home runs and 35 RBIs in that time. His first-inning home run gave him 35 RBIs in August, setting a Blue Jays record for any month.

In Saturday's 15-1 rout of the Tigers, Encarnacion hit a two-run home run, a three-run home run and a grand slam.

With nine RBIs, Encarnacion tied Roy Howell's franchise record from 1977. THE CANADIAN PRESS

Edwin Encarnacion's 35 RBIs in August set a franchise record for any month.
CHRIS YOUNG/ THE CANADIAN PRESS

Shapiro Rogers Centre-bound: Source

Mark Shapiro worked his way up from the bottom in Cleveland's front office, becoming one of baseball's most respected executives.

He'll start at the top in Toronto.

Shapiro, who has spent the past five years overseeing the Indians organization, is leaving Cleveland to become president and CEO of the Toronto Blue Jays, a person familiar with the decision told The Associated Press on Sunday night.

Shapiro, who has been with Cleveland since 1992, will replace Paul Beeston, Toronto's CEO and president who is retiring. The teams will make the announcement Monday, said the person who spoke on condition of anonymity because the sides were still working through some final details.

CBSSports.com first reported the deal.

It's not clear if Shapiro will begin his new job immediately or wait until the end of this season.

Coincidentally, the Indians, who have won five straight games to move back into the AL wild-card picture, will open a series on Monday in Toronto.

Shapiro's departure is a blow to the Indians, who haven't won the World Series since 1948 yet have managed to stay relatively competitive with a low payroll. Shapiro spent nine years (2001-10) as Cleveland's GM. He helped the club make the postseason twice, but the Indians couldn't replicate their run in the 1990s, when they won two AL pennants and five consecutive division titles. THE ASSOCIATED PRESS

Mark Shapiro
THE ASSOCIATED PRESS

TRANSFER NEWS

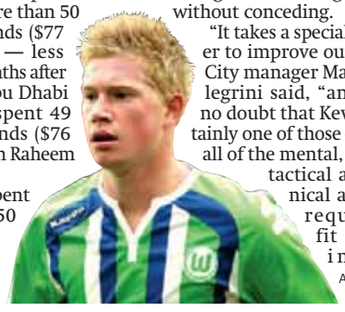
Man. City's midfield only gets stronger

Manchester City demonstrated its financial might by breaking the club's transfer record for the second time this summer to sign Kevin de Bruyne on Sunday, making the Belgium midfielder the second most-expensive player in English history.

De Bruyne is reported to have cost City more than 50 million pounds ($77 million US) — less than two months after the club's Abu Dhabi ownership spent 49 million pounds ($76 million US) on Raheem Sterling.

City has spent close to $250 million in transfer fees this summer as the club looks to win the Premier League for the third time in five seasons and end four years of underachievement in the Champions League. City leads the Premier League after winning its first four games, scoring 10 goals without conceding.

"It takes a special footballer to improve our squad," City manager Manuel Pellegrini said, "and I have no doubt that Kevin is certainly one of those — he has all of the mental, physical, tactical and technical attributes required to fit straight in." THE ASSOCIATED PRESS



Kevin de Bruyne GETTY IMAGES

AROUND EUROPE ON SUNDAY

In Italy
Bosnia internationals Miralem Pjanic and Edin Dzeko scored in the second half as Roma beat bitter title rival Juventus 2-1 in Rome, leaving the Turin power with two straight losses to start Serie A for the first time in its history.

In Spain
Jorge (Koke) Resurreccion, Gabi Fernandez and substitute forward Jackson Martinez scored a goal each as Atletico Madrid defeated Sevilla 3-0 to win its second game in a row and keep pace with Barcelona atop the Spanish league.

In Germany
Late substitute Adrian Ramos secured Borussia Dortmund's 3-1 victory over Hertha Berlin that preserved his team's lead in the Bundesliga.

In Portugal
Arouca was held to a 1-1 draw at Pacos Ferreira, missing a chance to take the lead of the Portuguese league.
THE ASSOCIATED PRESS

Wales of an upset

PREMIER LEAGUE

Swans top Man United to cap topsy-turvy weekend

Manchester United's early-season problems at both ends of the pitch were exposed in a 2-1 loss at Swansea on Sunday that ended its unbeaten start in the Premier League.

The Red Devils again showed a lack of cutting edge up front, failing to turn dominance and good build-up play into goals.

United was comfortable and perhaps should have been more than 1-0 ahead, through Juan Mata's 49th-minute strike, when Swansea launched its comeback with two goals in five minutes from Andre Ayew and Bafetimbi Gomis.

Gomis' winner in the 66th minute capped a brilliant, sweeping team move but should have been kept out by goalkeeper Sergio Romero, who failed to stop a low shot at his near post.

Romero is only playing because United's first-choice goalkeeper, David de Gea, isn't being picked while he is linked with a move to Real Madrid.

With Europe's summer transfer window closing in England on Tuesday, United has two days to resolve its goalkeeper situation and to decide whether to sign a new striker to help out Wayne Rooney, who is yet to score in the Premier League since April.

"I have enjoyed our football," United manager Louis van Gaal said, "but you need the result and we lost again."

Swansea has no such problems up front. Gomis, who scored for the fourth straight game this season, and summer signing Ayew have netted all seven of the team's goals in the league, lifting Swansea to fourth in the standings after four games.

United has lost three straight games to Swansea and fell five points behind Man City, which has won all four of its games.

In Sunday's other match, Southampton claimed its first win of the season by beating Norwich 3-0 thanks to Graziano Pelle's goal and a double from Dusan Tadic. Norwich played with 10 men from the 31st minute, when Steven Whittaker was sent off for two bookings with the score at 0-0.
THE ASSOCIATED PRESS

Wayne Rooney goes down in the penalty area on a challenge by Ashley Williams on Sunday in Swansea, Wales. No penalty was given, the Swans won 2-1 and Rooney has yet to score this Premier League season. MICHAEL REGAN/GETTY IMAGES

NO COMFORT AT HOME

Manchester United's loss came a day after Jose Mourinho's champion Chelsea suffered a shocking 2-1 loss to Crystal Palace at Stamford Bridge and Brendan Rodgers-led Liverpool fell 3-0 to West Ham at Anfield.

3
Manchester United has scored just three goals in four league games.

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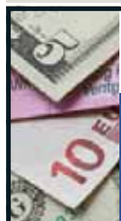

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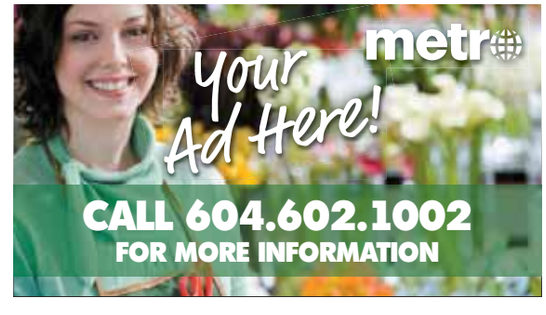


RECIPE Steak Sandwiches with Sautéed Onions, Peppers and Avocado Mash

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 15 minutes
Serves 4

Ingredients
- 12 oz lean steak such as flank or top sirloin
- 2 tsp vegetable oil
- 2 cups sliced onions
- 1 tsp minced garlic
- 1 cup sliced yellow bell pepper
- 1 cup sliced red bell pepper
- 2 Tbsp chopped cilantro or basil
- 1 medium ripe avocado diced
- 2 Tbsp light mayonnaise
- Pinch of salt
- 4 sandwich rolls or baguettes, cut into 3 oz portions

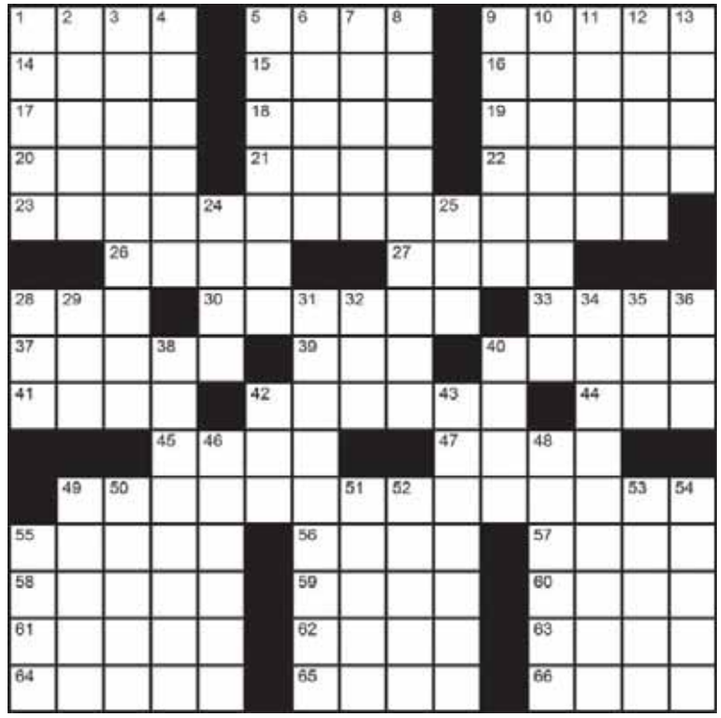
Directions
1. In a grill pan or BBQ, sear meat on both sides, then cook until desired doneness. For rare, cook to 125 F, approximately 10 minutes. Let sit for 10 minutes, then slice thinly across the grain.
2. Meanwhile in a large heated skillet, add oil and onions and sauté on a medium heat for 10 minutes, or just until tender. Add garlic and bell peppers and sauté for five minutes. Add cilantro.
3. In a small bowl, mash avocado with mayonnaise and salt until still chunky.
4. On one half of each roll, spread with avocado mash, then add sliced meat and grilled vegetables, top with other half of bun.

Nutrition per serving
- Calories 520
- Protein 31 g
- Carbohydrates 64 g
- Fibre 7 g
- Total fat 17 g
- Saturated fat 4.5 g
- Cholesterol 35 mg
- Sodium 550 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Scissors sound
5. Antarctica's Prince __ Coast
9. Guns N' Roses member
14. Sharpen skills
15. Choir member's garb
16. Name of Parks Canada's cute little beaver mascot
17. Monica Geller's brother
18. Dr. Frankenstein's helper
19. Atlantic __
20. Condo purchase
21. Some trees
22. Verbal tests
23. American general who led his men on a calamitous march on Quebec City in 1775: 2 wds.
26. Dundee's animal in movies, casually
27. Flip
28. Three Dog Night hit
30. Like a god
33. Flippant talk
37. Green/grey songbird
39. Void: French
40. Bring forth
41. Son of Garden guy Adam
42. Artificial
44. Arctic explorer John
45. To be, in ancient Rome
47. Shell
49. Fish dish popular in Manitoba: 2 wds.
55. __ blanche
56. Actress Ms. Summer
57. Lemony
58. Towards the ship's left side
59. __ __ it (Is a conspirator)
60. Hautbois
61. Frenzied
62. Hair dye
63. Skeleton part
64. Prepare mentally
65. Verbal head nods
66. Shade of blue ... or green

DOWN
1. Pruned plant
2. Nary a soul: 2 wds.
3. Phony
4. Annoy
5. Opening
6. Someone smart's specialty
7. Terminate
8. Multi-functional
9. "Nova Heart" is by what Canadian band?
10. Canada's national summer sport
11. "Is that _ __ diamond?" (Ring purchaser's query)
12. Ancient poet of Scandinavia
13. Danish writer, __ Christian Andersen (b.1805 - d.1875)
24. Extinct bird of Mauritius
25. Bird of myth
28. Latin roe
29. Calligraphy need
31. Metropolis area: 2 wds.
32. Stuff in the dog brush
34. Accommodating
35. Tasman, for one
36. __.-Julie, Quebec
38. 'E' of GE
40. Ho-hum
42. Expend
43. Specialties of SNL alum Fred Armisen
46. Draw
48. Embark: 2 wds.
49. "__ Got a Brand New Bag" by James Brown
50. Literary trope
51. "Sesame Street" puppet
52. "Bleeding Love" singer Ms. Lewis
53. Sweden's money
54. Take, thief-style
55. Kitschy

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The way to resolve some kind of crisis is to approach it indirectly. There is no point being blunt or direct because it will only hurt others' feelings and make matters worse.

Taurus April 21 - May 21
No matter how hard you try to get along with someone it never seems to work. Isn't it about time you got the message and severed ties with them entirely? If you must, give it one last go but then call it a day.

Gemini May 22 - June 21
There will be major changes over the coming week and they will be the kind of changes you can do little about. The good news is that more enjoyable times are on their way.

Cancer June 22 - July 23
Greet the week with a smile because if you start off on the wrong foot you won't get much done. Neptune, planet of illusion and confusion, will make things look worse than they are. Don't be fooled.

Leo July 24 - Aug. 23
It's good to have high expectations but don't pass up an opportunity just because it fails to meet your stratospheric standards. The opportunity may not seem remarkable but it is what you choose to make of it.

Virgo Aug. 24 - Sept. 23
If you want others to do things for you then you'll have to do something for them. Someone will help you realize your ambitions, but not for free.

Libra Sept. 24 - Oct. 23
You may get a bit touchy if someone you thought was on your side makes a big deal out of some minor mistake you made. What you have to realize is that from their point of view it is a much bigger mistake.

Scorpio Oct. 24 - Nov. 22
You will take some kind of risk as the week begins. With Venus moving retrograde through the career area of your chart be careful you don't upset people in positions of power.

Sagittarius Nov. 23 - Dec. 21
You may have only limited control over what other people say and do but you have total control over what you say and do. Keep that in mind this week.

Capricorn Dec. 22 - Jan. 20
The planets warn this is not a good time to make major moves, especially where money is concerned. It may seem as if you are on a sure-fire winner but looks can be deceptive.

Aquarius Jan. 21 - Feb. 19
Someone in your social circle has been taking a lot of liberties of late. Let them know that enough is enough. Will it put your friendship at risk? Maybe, but rather that than they keep using you as a doormat.

Pisces Feb. 20 - March 20
Your words could have a negative effect on an important relationship. Yes, the other person is touchy but that's just the way they are, so make allowances.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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